

## Signs & Causes of Anxiety

- Signs of anxiety:
  - Inability to relax
  - Upset stomach or nausea
  - Irritability
  - Muscle tension
  - Headaches
  - Difficulty focusing or feeling overwhelmed
  - Trouble sleeping
  - Trouble breathing or breathing fast
- Some causes of anxiety:
  - Fear of the unknown
  - Concerns about medications
  - Illness advancement
  - Worry about what will happen
  - Fear of physical or emotional loss
  - Financial concerns
  - Spiritual concerns
  - Uncontrolled pain or trouble breathing
  - Full bladder or constipation

## Signs & Causes of Sadness

- Signs of sadness:
  - Trouble sleeping
  - Tearfulness
  - Feeling empty or hopeless
  - Loss of interest in activities
  - Tiredness and lack of energy
  - Feelings of worthlessness or guilt
  - Difficulty thinking, concentrating, or making decisions.
  - Physical aches or pains
- Some causes of sadness:
  - Being ill
  - Experiencing physical changes
  - Feeling out of control or overwhelmed
  - Feeling lonely
  - Feeling socially isolated
  - Having to move to a new location
  - Dealing with strained relationships

**If symptoms are not managed or you have any questions, please contact your  
Confluence Health Home Care Services Hospice Team: (509) 433-3700**

## Interventions to Reduce Anxiety & Sadness

### □ Reducing anxiety and sadness:

- Report symptoms to the hospice team.
- Talk with the hospice social worker and/or chaplain.
- Ask the hospice team about volunteer services.
- Freely ask questions of your hospice team.
- Take any medications used for decreasing anxiety as prescribed.
- If anxious, try to have a calm environment and limit visitors if needed.
- Talk openly about worries, fears and hopes with loved ones.
- Find activities that are enjoyable.

### □ When to contact hospice:

- The symptoms of anxiety or sadness are overwhelming and not managed.
- You have questions about medications.
- There are new or worsening symptoms of anxiety or sadness.

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